

Serving Sizes for Some Purchased Snack Items in the After-School Snack Program

This list is provided as an illustration of serving sizes for some purchased snack items. *Use of brand name products does not constitute approval or endorsement by the Office of Child Nutrition.* Product names are used solely for clarification of serving sizes. Many products meet the requirements for the grains/breads component, but some are better choices nutritionally than others. Sponsors are encouraged to read labels for fat, sugar and sodium content, and *limit frequency of less nutritious choices.*

Note that the serving size of some purchased items may be impractical for certain age groups and may also be cost prohibitive. A more complete list of serving sizes is found in the *Guidance for Crediting Cookies, Crackers and Cereal in the After-School Snack Program* (January 2003).

Item	Manufacturer's Serving Information: Number & Weight	Required Serving Size	
		Ages 3-5	Ages 6-18
COOKIES			
Chewy Chocolate Chip Granola Bar, <i>Quaker</i>	1 (28 grams)	2	3
Nutri-Grain Cereal Bars (Blueberry, Strawberry or Raspberry), <i>Kellogg</i>	1 (37 grams)	1	2
Fig Newtons, <i>Nabisco</i>	2 (31 grams)	2	5
Nilla Wafers, <i>Nabisco</i>	8 (32 grams)	4	8
Chips Ahoy, <i>Nabisco</i>	3 (32 grams)	3	6
Chips Ahoy Bite Size, <i>Nabisco</i>	14 (31 grams)	14	29
Ginger Snaps, <i>Nabisco</i>	4 (28 grams)	3	5
Grandma's Chocolate Chip, <i>Frito Lay</i>	1 (39 grams)	1	2
Granola Bar, Crunchy Cinnamon, <i>Nature Valley</i>	1 (43.5 grams)	2	3
Hydrox Reduced Fat, <i>Sunshine</i>	3 (31 grams)	3	7
Oatmeal Chocolate Chip, <i>Sunshine</i>	3 (36 grams)	3	6
Oatmeal Raisin, <i>Archway</i>	1 (28 grams)	2	3
CRACKERS			
Animal Crackers, <i>Keebler</i>	11 (31 grams)	5	9
Animal Crackers, <i>Sunshine</i>	14 (31 grams)	6	12
Nabs Cheese with Peanut Butter, <i>Nabisco</i>	6 (40 grams)	3	5
Cheese Goldfish Crackers, <i>Pepperidge Farm</i>	55 (30 grams)	19	37
Graham Crackers, <i>Sunshine</i>	8 (28 grams)	4	8
Pretzels, Mini Bite Size, <i>Bachman</i>	17 (30 grams)	6	12
Rice Cakes, Apple Cinnamon, <i>Quaker</i>	1 (13 grams)	2	3
Rice Cakes, Honey Nut Mini, <i>Quaker</i>	5 (14 grams)	5	10
Ritz Crackers, <i>Nabisco</i>	5 (16 grams)	4	7
Saltines, Krispy Original, <i>Sunshine</i>	5 (14 grams)	4	8
Teddy Grahams, Chocolate, <i>Nabisco</i>	25 (30 grams)	15	30
Town House Crackers, <i>Nabisco</i>	5 (16 grams)	4	7
Triscuits Crackers, <i>Nabisco</i>	7 (31 grams)	3	5
Wheat Thins Crackers, <i>Nabisco</i>	16 (29 grams)	6	12